



Pendeen Crescent, Southway, Plymouth, PL6 6QS  
Tel : 01752 775478  
Email : oakwood.office@discoverymat.co.uk

## Friday 13th December 2024

Hello everyone and HAPPY FRIDAY!

I hope you have had a good week, it's certainly been a busy one here at Oakwood.

Our choir have sung at Sunnymede care home this week and we also visited Wisteria Care home earlier in the week, where a group of pupils joined residents in some Christmas crafting. As you can see from the pictures a lovely time was had by all.

I'm looking forward to seeing as many of you as possible next week at either our EYFS nativity performance on Tuesday and /or at our carol services on Thursday.

Also this week, we had our friends from Derriford Church join us at school to deliver a Christmas assembly to all pupils, it was great to welcome members of our community into school.

Hope you have a lovely weekend and we look forward to seeing you all next week.

Mr Arnold and the Oakwood Team.

### Diary Dates to Remember

**16th DECEMBER**  
**SINGING CLUB CHRISTMAS CONCERT AT BEECHWOOD**  
**10.30-11.30am**

**17th December**  
**CHRISTMAS LUNCH AND CHRISTMAS JUMPER DAY AND EYFS NATIVITY 2.45PM**

**19th December**  
**CHRISTMAS CAROL PERFORMANCE**  
**Y1/2/3 1.30PM**  
**YR4/5/6 2.30PM**

**20th December**  
**CHRISTMAS THEMED MUFTI-CHRISTMAS PARTIES IN THE CLASSROOM**

**23rd Dec to 3rd January**  
**CHRISTMAS BREAK**

**7th January**  
**RECEPTION CHILDREN EYE TESTS IN SCHOOL**

**17th Feb to 21st Feb**  
**HALF TERM**

**7th April to 21st April**  
**EASTER BREAK**

**Monday 5th May**  
**MAY DAY BANK HOLIDAY**

**Sunday 11th May**  
**SCHOOLS MARATHON CHALLENGE**

**26th May to 30th May**  
**HALF TERM**

**Monday 30th June**  
**MAY DAY BANK HOLIDAY**

**Wed 23rd July**  
**SUMMER BREAK**

# Family Support Network



**Mrs J Chubb**  
Assistant Head of  
School

Deputy Designated  
Oakwood Academy  
Lead for Safeguarding

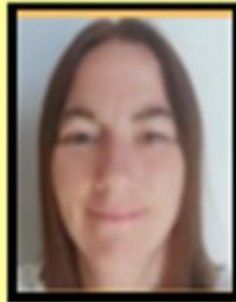
Safeguarding

Education and  
Curriculum

Behaviour

Family Support

Service Families



**Mrs Fliss Lock**  
INCO

SEND Support

SEND and behaviour-  
support for parents

School Nurse  
Referrals

DLA Applications

GP letters



**Mr P Arnold**  
Senior Head of School

Designated  
Oakwood Academy  
Lead for Safeguarding

Family Support



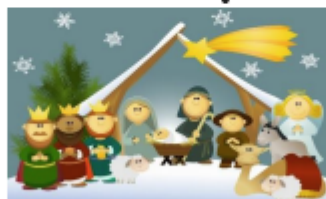
# Brahms Class

## Christmas Nativity

Foundation parents, families and  
carers are welcome to the  
performance on:

Tuesday 17<sup>th</sup> December

2.45pm



## Open the Book

On Monday of this week, we welcomed our friends from Derriford Church who presented an Open the Book Assembly to all the children. The children were fully engaged and enjoyed the audience participation aspect of the Christmas story that was delivered.

Well done everyone, we look forward to welcoming the Open the Book group back to Oakwood in the New Year.



**Singing Club Christmas Carols at  
Sunnymeade Residential Home**

Mrs Wieprecht's singing club visited Sunnymeade Residential Home on Thursday morning to sing carols to the residents, which was thoroughly enjoyed by all!



**THANK YOU**

FOR SUPPORTING THE ROYAL BRITISH LEGION'S  
**POPPY** APPEAL

**Certificate of Appreciation awarded to:**

Oakwood Primary Academy

**Amount raised:**

*£125-71p*

Your contribution helps us to support the Armed Forces community,  
past and present.

**EVERY **POPPY** COUNTS**

For ages 4 to 11

Derriford Church



# Kids Club



**Come along on:**  
**Friday 6th December**  
**Friday 10th January**  
**3.45 - 5.30pm**  
**@ Derriford Church**  
**Powisland Drive**  
**Plymouth, PL6 6AB**

£1 per family

- Arts & Craft
- Games
- Bible Stories
- Food



Family members are welcome to join us!  
Refreshments provided



Join us for even more fun at our **Nativity Craft Service** on **Sunday 15th December**



**BARNARD'S**

# 'Jump' with Dad

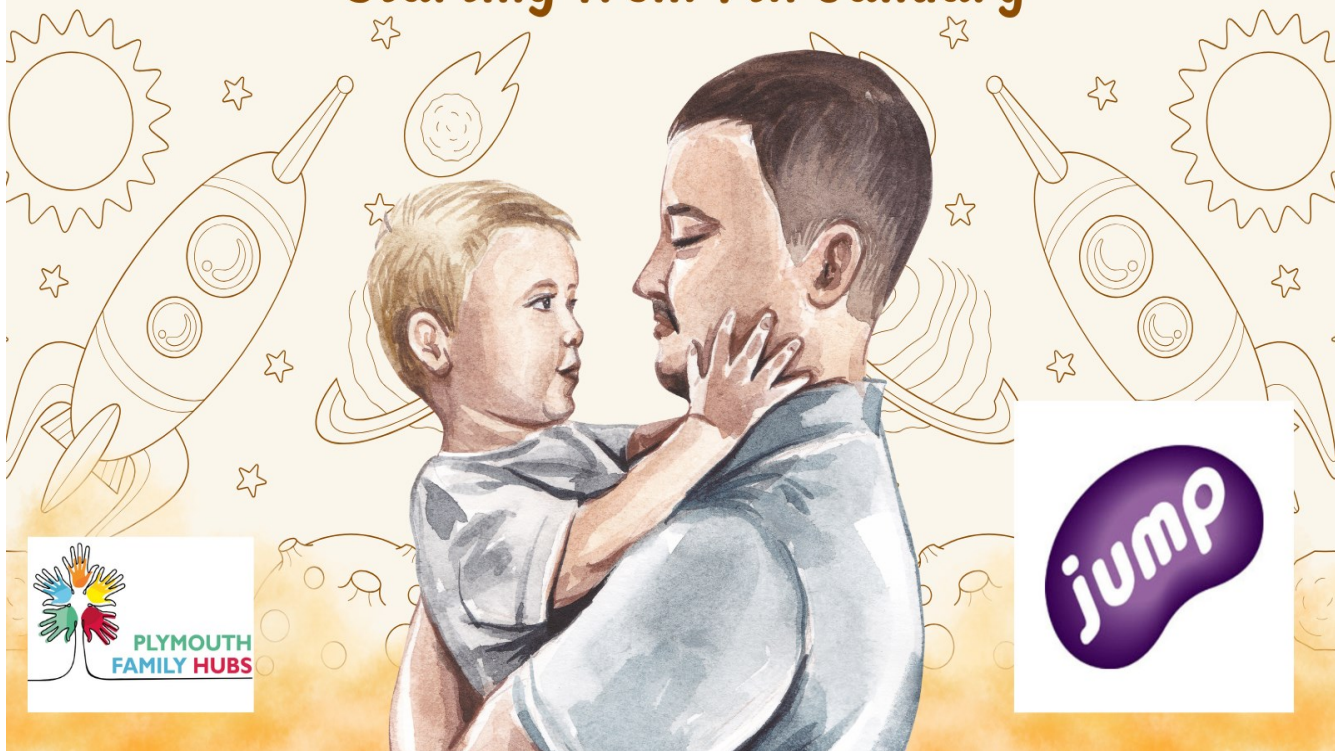
**FREE**

SOFT PLAY SESSION

at

**Jump Plymouth**

The 1st Tuesday of every month, 3.30-6pm  
\*Starting from 7th January\*



Classes  
Start  
Monday 13th January 2024



## ✿ Dazzle Dance

**Dance Your Way to Family Fitness! ✿ (free trial class)**

**Join us at Woolwell Community Centre for a variety of fun and energizing dance classes for all ages! With accredited RTS RAD Teacher and former dancer Amerissa Vogiatzi**

### 👧 Ballet for Kids

Ages 4-12. Let your little ones experience the magic of ballet in a fun and supportive environment.

### 👧 Dance Fitness

Get fit while having fun! This class combines cardio and dance for a full-body workout.

### 👧 Stretch & Tone for All Ages

Improve flexibility, strengthen muscles, and feel great with our Stretch & Tone class for everyone—a combination of Pilates, Yoga, and contemporary dance.

### 👧 Belly Dance

Feel confident and empowered while learning the art of belly dance. All levels welcome!

#### **Class Schedule:**

- **Ballet for Kids:**  
Mondays & Thursdays - 16:00 - 17:00 (age 4 to 6)
- **Ballet for Kids**  
Mondays & Thursdays - 17:00 - 18:00 (age 7 to 12)
- **Dance Fitness & Stretch & Tone & Belly Dance for All Ages:**  
Mondays -18:00 Dance fitness (Or Belly Dance) & Thursdays - 18:00 - 19:00 Stretch & Tone (Or Belly Dance slow technique)

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#### **Location:**

Woolwell Community Centre

**Contact Information: Mobile: 07551299724**

**Email :** [amerissa2024@outlook.com](mailto:amerissa2024@outlook.com)



Any parents who missed the consenting process and still wish their child to have the flu vaccine, please ask them to call us on 01392 342 678 and we will complete a consent form over the phone and refer them to book into one of our community clinics to be vaccinated.

# 5 reasons to vaccinate your child against flu

- The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- The nasal spray is painless and easy to have
- Flu can be really serious, especially for children with medical conditions like heart disease and diabetes
- If your child gets flu you may have to take time off to look after them
- Protecting your child can stop flu spreading to other children and the family, especially babies and grandparents, who may be at higher risk from flu.

#### What should I do?

This year all 2-, 3- and 4-year-olds and children in school years 1, 2 and 3 are being offered the free flu vaccination. You will be contacted to let you know where your child will be vaccinated.\*

\* In some parts of the country, all primary school-aged children will be offered the vaccine.

For more information visit: [www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

# LUNCH MENU

Ham and cheese paninis are on the menu week commencing 4/11/2024 this will run alongside the new menu as a daily choice.

We have colour choices on parent pay ,  
Purple -cheese and tomato  
orange -ham and tomato  
It consists of half a panini with nachos.






# WEEK 1





## WINTER WARMER HOT PANINI OR PASTA

Choose from Ham & Tomato or Cheese & Tomato, served with tortilla chips and vegetables. Or a Homemade tomato sauce with pasta.

W/C - MONDAY: 4TH NOV, 25TH NOV, 16TH DEC, 13TH JAN, 3RD FEB, 3RD MAR, 24TH MAR

MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H, W, V</b> Margherita pizza with potato wedges Allergens: (Glu), (Wh), (So), (Mi), m/c (E)	<b>CHOICE 2 - H, W</b> Chicken curry with rice Allergens: (Su)	 All day breakfast - choose from meat or climate friendly option	<b>CHOICE 1 - H</b> Roast chicken, Yorkshire pudding, gravy and roast potatoes Allergens: (Glu), (Wh), (Mi), (E)	<b>CHOICE 1 - H</b> Homemade breaded haddock fillet served with fresh chips Allergens: (Glu), (Wh), (E), (Mi)
 <b>CHOICE 2 - H, W, V, VE</b> Katerveg meatballs served with homemade tomato sauce & pasta Allergens: (Glu), (Wh), (So)	 <b>CHOICE 2 - H, V, VE</b> Chickpea & sweetcorn burger served in a bun with potato wedges Allergens: (Glu), (Wh), (Mi), (So)	Meat Option Allergens: (Glu), (Wh), (E), (Mi) Climate Friendly Allergens: (Glu), (Wh)	<b>CHOICE 2 - H, V</b> Golden pastry topped vegetable pie, gravy & roast potato Allergens: (Glu), (Wh), (Mi), (Ce)	<b>CHOICE 2 - H, V</b> Tangy cheese, quinoa & vegetable muffin served with fresh chips Allergens: (Glu), (Wh), (E), (Mi)

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW

 <b>DESSERT - V, VE</b> Fruit Salad	<b>DESSERT - H, W, V</b> Butternut and date cake Allergens: (Wh), (E)	 <b>DESSERT - H, V, VE</b> Cornish fairing biscuits and fruit slices Allergens: (Glu), (Mi), (E)	 <b>DESSERT - H, V, VE</b> Fruit platter or Yoghurt Allergens: (Su), (Mi)	 <b>DESSERT - H, W, V, VE</b> Fruity cornflake tart with custard Allergens: (Wh), (Bar)
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AVAILABLE EVERY DAY: FRESH SALAD BAR / FRESH FRUIT AND YOGHURT 

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Chicken alternatives to beef and pork upon request. One meat free day.

H = HOME-MADE IN THE KITCHEN, W = WHOLE WHEAT INGREDIENTS, VE = VEGAN DISH, V = VEGETARIAN

Allergen Key: Gluten (Glu), Barley (Bar), Wheat (Wh), Oats (O), Rye (R), Soya (So), Sulphites (Su), Sesame (Se), Peanuts (P), Mustard (Mu), Molluscs (Mo), Milk (Mi), Nuts (N), Eggs (E), Crustaceans (C), Celery (Ce), Fish (F), Lactin (L), m/c: May Contain

 = Climate Friendly

**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!  
Tilda







# WEEK 2

## WINTER WARMER HOT PANINI OR PASTA


Choose from Ham & Tomato or Cheese & Tomato, served with tortilla chips and vegetables. Or a Homemade tomato sauce with pasta.

W/C - MONDAY: 11TH NOV, 2ND DEC, 30TH DEC, 20TH JAN, 17TH FEB, 10TH MAR, 31ST MAR

MONDAY	MEAT FREE TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHOICE 1 - H, W</b> Baked bean and sausage pasta bake Allergens: (Glu), (Wh)	 <b>CHOICE 1 - H, V, VE</b> Katerveg mince chilli and rice Allergens: (So)	<b>CHOICE 1 - H</b> Chicken chow mein Allergens: (Glu), (Wh), (Se), (So)	<b>CHOICE 1 - H</b> Roast beef, Yorkshire pudding, gravy and roast potatoes Allergens: (Glu), (Wh), (Mi), (E)	<b>CHOICE 1</b> Fish fingers served with fresh chips Allergens: (Glu), (Wh), (F)
 <b>CHOICE 2 - V, VE</b> Quorn dippers with seasoned potato wedges Allergens: (Glu), (Wh)	<b>CHOICE 2 - H, V</b> Tasty cheese wheels with herby diced potato Allergens: (Glu), (Wh), (Mi), (Mu)	 <b>CHOICE 2 - H, V, VE</b> Vegetable sausage, mash and gravy Allergens: (Glu), (Wh), (Ce)	 <b>CHOICE 2 - H, V, VE</b> Roast Quorn fillet, gravy and roast potatoes Allergens: (Glu), (Wh), (Bar)	<b>CHOICE 2 - H, W, V</b> Homemade cheese and tomato cheese served with fresh chips Allergens: (Glu), (Wh), (E), (Mi)

SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW


 <b>DESSERT - V, VE</b> Fruit Salad	 <b>DESSERT - H, V, VE</b> Fruity flapjack Allergens: (Glu), (O) m/c (Wh), (Bar)	<b>DESSERT - H, W, V</b> Westcountry root cake Allergens: (Glu), (Wh), (E) m/c (Mi), (Bar)	 <b>DESSERT - H, V, VE</b> Fruit Platter Allergens: (Glu), (O), M/c: (Wh), (Bar)	<b>DESSERT - H, V</b> Zesty cake with custard Allergens: (Glu), (Wh), (E), (Su), (Mi) m/c (Bar)
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 = Climate Friendly

**DID YOU KNOW**  
You can have mixed or brown rice instead of potatoes!  
Tilda



W/C - MONDAY: 18TH NOV, 9TH DEC, 6TH JAN, 27TH JAN, 24TH FEB 17TH MAR

MONDAY	TUESDAY	MEAT FREE WEDNESDAY	THURSDAY	FRIDAY
<p><b>CHOICE 1 - H, W</b>                      Beef cobbler served with mash and gravy                      Allergens: (Glu)(Wh) m/c (M)(Bar)</p>	<p><b>CHOICE 1 - H</b>                      Chicken paella</p>	<p><b>CHOICE 1 - H, V, VE</b>                      Tasty Katerveg bolognese with garlic bread &amp; pasta                      Allergens: (Glu), (Wh), (So) m/c (Se)</p>	<p><b>CHOICE 1 - H</b>                      Roast gammon loin, Yorkshire Pudding, gravy &amp; roast potatoes                      Allergens: (Glu), (Wh), (E)</p>	<p><b>CHOICE 1 - H</b>                      Homemade fish cakes served with fresh chips                      Allergens: (Glu), (Wh), (F), (E)</p>
<p><b>CHOICE 2 - H, V</b>                      Crispy samosa with rice                      Allergens: (Glu), (Wh), (E)</p>	<p><b>CHOICE 2 - V, VE</b>                      Quorn nuggets with diced potato                      Allergens: (Glu), (Wh)</p>	<p><b>CHOICE 1 - H, V</b>                      Creamy macaroni cheese with garlic bread                      Allergens: (Glu), (Wh), (Mi), (Mu) m/c(Se)</p>	<p><b>CHOICE 2 - H, V, VE</b>                      Golden crisp topped shepherds pie, gravy &amp; roast potatoes                      Allergens: m/c (Glu), (Wh), (Bar)</p>	<p><b>CHOICE 2 - V, VE</b>                      Quorn fingers served with fresh chips                      Allergens: (Glu), (Wh)</p>
<p><b>SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW</b></p>				
<p><b>DESSERT - V VE</b>                      Fruit salad</p>	<p><b>DESSERT - H, V</b>                      Orange honey cake                      Allergens: (Glu), (Wh), (Mi), (E)</p>	<p><b>DESSERT - H, V, VE</b>                      Custard biscuits with fruit slices                      Allergens: (Glu), (Wh)</p>	<p><b>DESSERT - H, V, VE</b>                      Fruit Platter                      Allergens: (So)</p>	<p><b>DESSERT - H, V, W, VE</b>                      Chocolate cake with chocolate sauce                      Allergens: (Glu)(Wh)(E)(Mi) m/c(Bar)</p>

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Climate Friendly

**DID YOU KNOW**  
 You can have  
 mixed or brown rice  
 instead of potatoes!  
 Tilda



## ED'S SPECIAL EVENTS



### NOVEMBER BONFIRE NIGHT (TUESDAY 5TH NOVEMBER)

Hotdogs with seasoned wedges, Warming chilli and rice, Jacket potatoes with bonfire beans and cheese, Toffee apple cake and custard



### DECEMBER CHRISTMAS LUNCH (SEE YOUR SCHOOL FOR DATE)

See your schools poster for the full Christmas menu and date



### JANUARY SIX NATIONS (FRIDAY 31ST JANUARY)

Fish fillet and chips or pasta, Cheese and leek plait, served with French green beans and carrots, Melting moments



### FEBRUARY TEDDY BEAR DAY (MONDAY 10TH FEBRUARY)

Winnie the Pooh honey chicken with seasoned wedges and coleslaw, Kung Fu Panda stir fried noodles with veg, Paddington Bear marmalade cake



### MARCH INTER. SCHOOL MEAL DAY (THURSDAY 13TH MARCH)

Roast beef and Yorkshire pudding, Italian Frittata, Lamington tray bake, Salad bar includes Swedish beetroot and apple salad





**At CATERed, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome! Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers, farmers and the regional economy whilst we keep an eye on our eco-footprint.**

We use:-

- Locally caught and landed Pollock and Mackerel
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry yoghurts
- Organic herbs
- No fried food
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)



**Tell Ed!**

We want to know what you think about our food so if you have any questions, comments or want to send us some recipe ideas contact us on 01752 977166 or by email [catering@catered.org.uk](mailto:catering@catered.org.uk)

Please visit our pages at [www.catered.org.uk](http://www.catered.org.uk)

**UFSM:** All children in Reception, Year 1 and Year 2 are entitled to receive a **FREE** school meal every day regardless of household circumstances. This is called universal infant free school meals. So you can come in and have a great tasting meal every day and pay Ed nothing!

**We encourage everyone to take up this free offer!**

**FSM:** If you think you may be entitled to free school meals for your child under aged 7 and for older children, information about free school meals can be found by following the link to **Free** School Meals within the CATERed webpages or by calling the FSM team on 01752 307410. Eligibility for FSM also provides schools with additional income via the Pupil Premium.

**We encourage everyone one who's eligible to take up this free offer!**

If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.75.

For a full allergen breakdown please contact us at [catering@catered.org.uk](mailto:catering@catered.org.uk), let us know what school your child attends so we can talk through the menu offer currently at that school.

Mandatory Food Standards apply to all school lunches details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>

Design by [www.crunchecreative.co.uk](http://www.crunchecreative.co.uk)



is a company jointly owned by schools across the City and Plymouth City Council serving great tasting, freshly prepared food to children and young people every day.

Company No: 9355912 | VAT No: 208 5215 29



# Plymouth Family Hubs

## MONTHLY UPDATE



December 2024



[Click here for Plymouth Family Hubs Facebook Page](#)



Brainwaves Free mental health resources for secondary schools

[Click here for more information](#)

**FAMILY HELP AND INFORMATION LINE**

Need help or advice about your own family? Are you a practitioner who wants to get some advice about a family you are working with? Get in touch using our new Early Help and SEND advice line. Our Family Support Workers are here to talk about any worries or answer your questions.

We can offer support around:

- Relationship worries
- Education worries
- Parenting guidance
- School attendance
- Emotional wellbeing
- SEND concerns
- Social and emotional difficulties
- The SEND process

Book a conversation now at [www.plymouth.gov.uk/familyhelp](http://www.plymouth.gov.uk/familyhelp)

### Plymouth Family Hubs Autumn Timetable



Scan the QR code above or [click here](#) to view our Autumn term timetable



For more information on support for cost of living [click here](#)

### Parenting Courses



For more information on our parenting courses across the city [click here](#)



Lark Children's Centre (North Prospect Emerging Family Hub) are currently working on plans to move into a new centre in North Prospect. Whilst this transition is underway, we continue to offer a service and will be operating temporarily out of St James The Less Church Hall. This is next door to our previous Ham Drive delivery space, to ensure our community can still access us with ease.

Whilst work is underway to prepare our new building, we may have some changes to our programme and group services, however we are still accepting referrals and will continue to deliver our service during this transition period. We are looking forward to launching our new family hub in the new year!

For more information, or for enquiries about Lark please contact 01752 313293.

**DAD'S SPORTS AND SOLIHULL LEARNING SESSIONS**

AT ST PETER'S PRIMARY SCHOOL  
RENDLE STREET, PL1 1TP

This course is for dads and male carers of children aged 0-8 years old.

Combining 45 minutes of active fun led by Argyle Community Trust with 45 minutes of Solihull learning and a cuppa! Pop along to these weekly sessions, where topics and talking points will include:

- UNDERSTANDING YOUR CHILD'S BEHAVIOUR
- BENEFITS OF PLAY AND INTERACTIONS
- UNDERSTANDING YOUR CHILD'S SHOOTING
- UNDERSTANDING YOUR CHILD
- SOLIHULL APPROACH

WEDNESDAYS FROM 6PM-7:30PM AT ST PETER'S PRIMARY SCHOOL

FOR MORE INFORMATION CONTACT US

01752 686750

GREEN ARK FAMILY HUB & HAMDRIVE STREET CHILDREN'S CENTRE



PLYMOUTH FAMILY HUBS

# Plymouth Family Hubs

## MONTHLY UPDATE

### December 2024



### COMMUNICATION – CARING DAD’S PROGRAMME

Caring Dads is a 17-week FREE to agency and attendees programme designed for Dad’s who acknowledge they need to change their behaviour towards their partner (or ex-partner) and children who they are having contact with.

#### What are the programme aims?

- Help Dad’s improve their relationship with their children.
- End controlling, abusive and neglectful behaviours with relationships.

#### Criteria for the programme:

- Dad is to be having at least weekly contact with child/ren.
- No previous sexual offences
- Abstaining from using alcohol and other substances

Referrer needs to remain involved with the Dad throughout the programme or take responsibility for constructively passing the case on to another case holder, for at least the remainder of the group.

- We cannot work with men in total denial. Most men are likely to minimise, deny, blame etc. we can consider a man for assessment if he regrets some of his actions and accepts, he needs to change something.

#### What is required of Referrers?

- Talk with the Dad and encourage his interest.
- Ensure you can identify some realistic positive outcomes for the mother and children from the Dad’s participation in the programme.
- Agree that you will retain responsibility for the Dad throughout the programme or ensure that some other person/agency will take on that role.

Attend a pre assessment interview with the Dad and a Caring Dad’s facilitator, a mid-way meeting and one at the end of the programme

- Engage with us over you experience of the programme and inform us of any ways we need to improve.

When: Course starts on Thursday 6th February 2025  
Course Finishes on Thursday 29th May 2025

Where: Manor Street Children’s Centre, Stonehouse, Plymouth, PL1 1TL

Closing Dates for referrals will be the Friday 17th January 2025.  
Any further questions please contact [Francesca.green@actionforchildren.org.uk](mailto:Francesca.green@actionforchildren.org.uk)

**Barnardo's Exceed Service DICE**  
A 4-week Online Parenting Support Programme

DICE provides families with information, advice and support to help them provide a safe and protective environment for their child or young person. Supports families to understand the risks young people face in modern society. 4 week online free universal support for parents/carers of pre-teens and teens who are worried about parenting in the modern world, with the risks and challenges this presents.

The programme is running on a regular basis throughout the year. Please ensure you contact Exceed to request a referral form and a space or you can use the QR Code below which will take you to our referral via google forms.

[exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

01752 256339

[exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

[www.barnardosexceed.org.uk](http://www.barnardosexceed.org.uk)

Registered Charity Nos. 216250 and SC037605

**Barnardo's Exceed Service DICE**

**Session 01 Introduction and talk about the life of a Teenager**  
The teenage brain, why teenagers might take risks and the pressures they face in the modern world.

**Session 02 The exploitation of children and young people**  
Grooming—what it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

**Session 03 Digital Dangers**  
Social media, sexting and nude selfies How can we be better digital parents/carers?

**Session 04 A safe place to share ideas about parenting**  
Parenting top tips - Practical advice and information about the support available. Communicating effectively, life parenting a teenager, support networks and working together.

The Barnardo's Exceed service is open 9am - 5pm Mondays to Fridays (not including bank holidays). We aim to get in contact with you within 1 working day after receiving your enquiry.

For all enquiries, further information or a referral form please contact - [exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

**Barnardo's Exceed Service DICE**  
Upcoming Dates

Please note this is a 4-week course. Therefore please ensure you're able to attend all 4 weeks listed. All sessions are one-to-one by phone.

October	February
Evening Course - 5pm to 7pm	Evening Course - 5pm to 7pm
Thursday 10th	Thursday 6th
Thursday 17th	Thursday 13th
Thursday 24th	Thursday 20th
Thursday 31st	Thursday 27th
November	March
Evening Course - 5pm to 7pm	Day Course - 10am to 12pm
Thursday 7th	Monday 24th February
Thursday 14th	Monday 3rd
Thursday 21st	Monday 10th
Thursday 28th	Monday 17th
January	
Evening Course - 5pm to 7pm	
Thursday 9th	
Thursday 16th	
Thursday 23rd	
Thursday 30th	

01752 256339

[exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

[www.barnardosexceed.org.uk](http://www.barnardosexceed.org.uk)

Registered Charity Nos. 216250 and SC037605



# Plymouth Family Hubs

## MONTHLY UPDATE

December 2024



Plymouth Methodist Central Hall, Eastlake St, Plymouth, PL1 1BA  
Every Tuesday 11:5-2:30pm

Café available

Family Hub staff from Barnardo's, LARK and Action for Children (and other professionals) will be available for support and advice if needed.

PEEP corner for ideas through play to promote speech and language

**Family Hub Soft Play**  
"FREE"

### COSY CHRISTMAS CAROLS AND STORIES

Monday 16th December: Plymouth Library, 3.30-4.00pm  
Monday 16th December: Crownhill Library, 3.30-4.00pm  
Monday 16th December: Efford Library, 3.30-4.00pm  
Thursday 19th December: Plymstock Library, 3.30-4.00pm  
Thursday 19th December: St Budeaux Library, 3.30-4.00pm  
Friday 20th December: Central Library, 2.30-3.00pm  
Friday 20th December: Southway Library, 3.30-4.00pm

Plymouth City Council has received funding from the Department for Education to coordinate a city-wide holiday activity and food programme during the 2024 Easter, summer and Christmas holidays to primarily support families with children who receive benefit related free school meals.

For more information please click [here](#)



7Stars Foundation is offering grants of up to £2,500 for registered charities with an annual turnover of less than £1.5 million across the UK to deliver projects and activities that support young people aged 16 years and under across the priority themes of abuse, addiction, child carers, and homelessness.

Apply for funding [here](#)

## Fit and Fed

### Free Family Activities

Family Swim  
National Marine Aquarium  
Ice Skating  
Tenpin Bowling

**Only for children in receipt of benefit-related free school meals**

Enquire now at [www.plymouth.gov.uk/fitandfed](http://www.plymouth.gov.uk/fitandfed)  
or  
Email [getactive@plymouthactive.co.uk](mailto:getactive@plymouthactive.co.uk)





# Plymouth Family Hubs

## MONTHLY UPDATE

December 2024



Clare Young - Community Support Worker, CYP&F Neurodiversity Wellbeing Team  
Please see the link below for our free Family Fun Day in January.

[Book a space here](#)

## My Mind, My Body, My Money – A Family Wellbeing event

# Save the Date

Saturday 8 February  
Plymouth Life Centre 10.30 to 2.30

Find out and experience some of the amazing services available to children, young people and families across Plymouth.

## Workforce Development - Support for Young People Worried about their sexual behaviour - SHORE



Click [here](#) to join the meeting

16th January  
2024  
4-5pm

## Libraries news



### Library Market Days

Plymouth Libraries will be hosting three Library Market Days in December:

St Budeaux Library - Tuesday 3

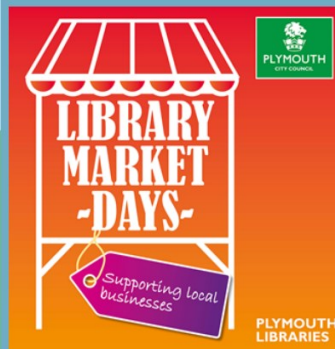
December, 10am to 4pm

Plymstock Library - Friday 6 December, 10am to 2pm

Plymstock Library - Tuesday 17 December, 10am to 2pm

During these events, you can expect to find a variety of local and small businesses, a library book sale, festive coffee mornings and craft activities for children and families.

To find out more click [here](#)



Christmas activities in libraries  
We have some exciting festive activities happening in libraries over the next few weeks including coffee mornings, carol singing, craft activities and even a sprout themed treasure hunt!

We are also delighted to announce that Santa will be making an appearance at some of our Rhymetimes!

Browse our online calendar to discover free, fun, festive events and activities happening at your local library and to check Santa's timetable!

To find out more click [here](#)



## Children, Young Person and Families' Neurodiversity Wellbeing Team

A casual meet up for parents and carers of neurodivergent children (no diagnosis required). Come along and meet our Community Support Workers and have a cuppa and a chat. No need to book, just turn up - and your little ones are more than welcome!



### Coffee & Connect - sessions start Monday 7 October

Mondays, 9-10.30am  
Rees Centre Wellbeing  
Hub, Plympton  
PL7 2PS

Weds, 9.15-10.45am  
DELL Emerging Family  
Hub, High View School,  
Efford PL3 6JQ

Weds, 1-2.30pm  
Manor Street Children's  
Centre, Stonehouse,  
PL1 1TL

Thursdays, 1-2.30pm  
Four Woods Family  
Hub, Crownhill Road,  
PL5 2LN

For further information please contact our advice line  
Monday to Friday from 09.00-11.00 or 14.00-16.00

Tel: 01752 435404

*We support people to lead independent, healthy lives*



### **Running Club!**

Those children that have signed up for this running club must attend running club in the Spring Term to build up the stamina for the run.

**Sorry the sign up deadline has passed, no more sign ups allowed.**

We are delighted to offer a running club in the Spring term for children across the school. The aim of the club is to promote a positive lifestyle, improve mental health and create a positive relationship with movement for life.

In addition to this aim, we would like the children who are joining running club to sign up for the Plymouth Schools Half Marathon Challenge which is held every year in May, on the Plymouth Hoe. This years event is being held on **Sunday 11<sup>th</sup> May.**

This event is part of the Half Marathon event which is run over 13.1 miles on the same day. Children from schools all over Plymouth will train at school and at home to build up their running stamina and cover 12.1 miles before 28th April and then run their final mile on the Hoe on the 11<sup>th</sup> May. Parents/carers will be required to take their children to the event and be present at the event until completion. Staff will be volunteering their time to support the event.

### **School Trip payment reminders**

#### **Nethercott Farm**

Further instalment payment of £50 due 31/01/2025 Please contact the school office if you require any assistance. Thank you.

#### **London Trip**

Further instalment payment of £50 due by 31/01/2025. Please contact the school office if you require any assistance. Thank you.

#### **PGL 2025**

Further instalment payment of £30 due by 31/01/2025. Please contact the school office if you require any assistance. Thank you.

## Free School Meals

You may be entitled to apply for Free School Meals for your child/ren if you receive the following benefits:-

- Universal Credit, Income Support
- Income Based Job Seekers Allowance,
- Income Related Element of Employment and Support Allowance,
- Guaranteed Credit element of Pension Credit
- Child Tax Credit (without Working Tax Credit) with an annual income of £16,190 or less.

We would urge parents who may be eligible for Free School Meals for the children to either apply on-line through the Plymouth City Council website or contact the school office for a form as soon as possible. This is very important, even if your child does not wish to take up the free meal. The register of FSM entitlement affects our overall school budget and we may be missing out on funding as a result.

Please do not confuse this with Universal Free School Meal entitlement for children in Years Reception to Year Two.



## KS2 REN reading word count

The winners of this weeks word count for is:-

Years 1 and 2 – Zimmer Class –2248 words

Year 3 – Lloyd Webber Class – 64707 words

Years 4 and 5 – Dun Class – 310692 words

Year 6 – Elgar Class – 909784 words



## CHILD ABSENCE

If your child is unwell and is due in school, please leave a message on the child absence line by 9.00am each morning.

Thank you.



## Keeping in Touch

Can we please remind parents that the vast majority of contact between school and parents is done by telephone or email. Please could you ensure that we are kept updated with you current contact details to enable us to keep in touch with you when needed.

## Parent Pay

Please activate your parent pay account as this allows us to send Newsletters, trip letters and other important information that we may need to convey to you. Please contact the school office if you need assistance.

## Facebook and Website

Please follow us on our Facebook page at Oakwood Primary Academy.  
Please refer to our school website for latest news and calendar dates.

## Email Addresses to Remember

**Year 6 - Elgar Class** - r.sherrell@discoverymat.co.uk

**Year 6 - Tchaikovsky Class** - s.betts@discoverymat.co.uk

**Year 4/5 - Bernstein Class** – j.kelleher@discoverymat.co.uk

**Year 4/5 - Dun Class** – k.loftus@discoverymat.co.uk

**Year 4/5 - Holst Class** – l.crocker@discoverymat.co.uk or k.harvey@discoverymat.co.uk

**Year 3 - Britten Class** - a.moore@discoverymat.co.uk

**Year 3 - Lloyd-Webber Class** – s.wieprecht@discoverymat.co.uk or a.blakeston@discoverymat.co.uk

**Year 2 - Zimmer Class** – m.francis@discoverymat.co.uk

**Year 1/2 - Vivaldi Class** – t.ocarroll@discoverymat.co.uk or g.chandler@discoverymat.co.uk

**Year R/1 - Price Class** – c.wye@discoverymat.co.uk

**Rec - Brahms Class** – m.kelly@discoverymat.co.uk